

British and international cuisines

Below are two practice questions; the first question shows students responses and examiner feedback; the second question is for you to try yourself.

Chapter 8: Practice question 1 (with student responses and examiner feedback)



Compare and contrast the traditional cuisine of a British country with that of the cuisine of Italy in terms of:

- foods that are commonly eaten (4 marks)
- cooking equipment and methods (4 marks)
- eating and meal patterns. (4 marks)

Responses

The following responses were provided by students. The level and detail within the responses increases. More examples, with reasons, have been provided that allow students to achieve higher marks. The use of subject-specific language shows more informed understanding of the subject content.

Basic level response

- In England lots of foods are eaten, especially roasts like beef and lamb with vegetables and gravy and puddings like apple pie. In Italy they have lots of pasta and pizza and lots of ice creams. (1 mark)
- In England people use ovens, pans, frying pans and microwaves. They use roasting, frying and baking. In Italy, they boil pasta in pans and have special ovens for pizzas. (1 mark)
- In England people can have a full English fry-up for breakfast or cereal like cornflakes. They have things like sandwiches for lunch and usually a dinner in the evening like sausage and mash or stew, sometimes together or sometimes on their own. In Italy, they have three meals a day too, and they like to eat a dinner together as a family, which takes quite a long time because they have several different parts to the meal. (2 marks)

Examiner feedback (4 marks)

- The student has provided a few relevant examples but has not compared and contrasted these in any detail.
- Again, the student has provided a few relevant examples but has not compared and contrasted them in any detail.
- Some relevant examples have been given, and an attempt has been made to contrast the meal patterns and eating habits.

Medium level response

- a) In England, people eat a lot of foods from other countries because it is multi-cultural, but the traditional foods are based around meat and vegetables. For example, meat is roasted and served with a variety of vegetables such as cabbage, potato, carrots, cauliflower and swede. Meat is also stewed with vegetables and cereals such as barley to provide hot food in cold weather in the winter. Fish used to be eaten a lot because there were lots of places around the coast to catch it, but not so much is eaten now. English puddings are quite famous, such as sponge puddings with treacle, apple crumble, rice pudding and egg custard tart. In Italy, they follow the Mediterranean diet which has lots of fruit, tomatoes, olives, salads, fish and cheese in it. They also eat cold meats and smoked sausages such as salami and are famous for pasta in lots of different shapes and flavours and for pizzas and breads like focaccia, which has garlic, olive oil and herbs. They eat a lot of salads because it is often very hot in Italy. (2 marks)
- b) In England the main cooking methods are baking (cakes, puddings, bread, etc.), roasting (meat and vegetables), boiling (vegetables, rice), frying (eggs, bacon, meat like steak), grilling (sausages, cheese on toast) and people use normal pans, frying pans, cookers and quite a lot use microwaves. Barbeques are also popular. In Italy, the main cooking methods are boiling (pasta and rice), baking (pizzas, bread, cakes), frying (fish, seafood, etc.) and they use similar pans and equipment, although some places have special pizza baking ovens. A lot of fresh ingredients are used so they do not need cooking, like salads, fruits and cheeses. (2 marks)
- c) A lot of people in England eat ready-made meals or take-aways or eat out, but having a meal together, for example, a Sunday roast, is very traditional. Main meals are traditionally often meat and two vegetables plus a pudding, although this has changed because people eat a lot of multi-cultural foods. Traditionally, people ate breakfast (sometimes a 'full English', which was eggs, bacon, fried bread, tomatoes, sausage and mushrooms), lunch and an evening meal. Sometimes they have afternoon tea, but this is not so common now. In Italy, it is traditional to eat main meals like dinner together as a family and the meals are often divided into different sections, with starters, pasta dishes, fish dishes, some cold meats, dessert and maybe cheese or fruit. The meals would be eaten quite slowly so the family can be together for a long time. (3 marks)

Examiner feedback (7 marks)

- a) The student has provided several relevant examples of foods and has made a reasonable attempt to compare and contrast these, giving some details.
- b) The student has provided several relevant examples and has compared and contrasted these, giving some details.
- c) The student has given some relevant examples, and a good attempt has been made to contrast the meal patterns and eating habits between the two countries. The student has also identified that traditional meal patterns have gradually changed.

High level response

- a) English food has lots of tradition. Many foods that we eat now, such as potatoes and tomatoes, were brought over from other countries and it was found that they would grow here. The main carbohydrate foods that are eaten are wheat bread, potatoes and other starchy vegetables such as swedes, turnips, and parsnips. These used to provide the main source of energy to most people, especially in cold weather when they were served in stews and soups. The main protein foods traditionally eaten are meat, poultry, dairy foods, eggs and fish. Wild meat such as deer (venison) and poultry (for example, pheasants, ducks) have also been hunted for many years. The main fat foods eaten are butter, lard, suet, oils and vegetable-fat spreads (margarines). Lots of other fruits and vegetables were traditionally eaten in season when they grew in the English climate. These included strawberries and other soft fruits in the summer, salads in the summer and leeks, cabbage and Brussels sprouts in the autumn and winter. Now a lot of foods are imported from other countries, so seasonal food is not so common – for example, you can buy strawberries all year round because they are imported. The English also traditionally eat a lot of cakes, biscuits, scones, buns and other baked foods, using sugar that used to be imported but is often now grown as sugar beet. In contrast, Italians eat lots of fresh fruits and vegetables, especially salad ingredients such as tomatoes, peppers, fresh herbs such as basil, artichokes and lettuce because they have a hot, sunny climate where these grow very well and so are common everywhere. They also grow and eat large amounts of oranges and lemons, olives and fresh herbs and eat cereals such as rice and wheat. The wheat is used for a variety of breads, cakes, pizzas and calzones. The Italians also dry and cure (preserve) meats to make spiced or garlic sausages and hams, which are eaten cold. They also eat a lot of different types of fish and other seafood, whereas the English don't eat as many different types as they used to. (4 marks)
- b) There is a range of traditional cooking methods in England. The use of the oven for baking and roasting is very common, with a traditional English roast dinner being very popular. Many wheat flour products are baked, such as pies, Yorkshire puddings, pasties, cakes, biscuits, scones and buns, as well as vegetables such as potatoes and other root vegetables. The hob is used a lot to cook lots of different foods by a variety of methods such as boiling, frying, steaming, poaching, simmering, stewing, braising and sautéing. Stir-frying has also become popular, as well as barbecuing, as people have become used to eating foods from other cultures that are cooked in this way. Many people also use microwave cookers to cook some foods. In Italy, the cooking equipment is much the same as in England, but quite a few foods are eaten fresh so don't need to be cooked, such as salads, cold meats, cheeses. Baked foods are popular, including pizzas

Examiner feedback (12 marks)

The student has thoroughly understood the subject of meal planning and provided detailed reasoning. This is an excellent answer. Each point has been thoroughly explained with good examples. At least five meal planning points have been considered. Excellent use of subject-specific terminology.

(often baked in a special oven), calzones, desserts, cakes, biscuits and some pasta dishes such as lasagne. Pasta and rice are boiled and fish is often pan fried or baked. Soups made with pulses such as lentils are popular in some parts of Italy. (4 marks)

- c) Traditionally, eating three family meals a day is normal in England. Breakfast during the week might be cereals such as cornflakes or porridge, toast and marmalade and maybe some cooked food such as a boiled egg. At the weekend a 'full English' breakfast is sometimes eaten, with fried foods (bacon, egg, mushrooms, bread, tomatoes, sausages and black pudding) regularly eaten. The Italian breakfast often includes fruit, baked products such as breads, sweet buns, maybe cheeses and meats.

Lunch in England might be a cooked dinner or sandwiches and other foods. In some parts of the country lunch means a cooked dinner; in other parts, dinner means the evening meal. A cooked dinner usually consists of two courses – the main course and pudding. Meals were traditionally eaten as a family, but often today, people eat at different times depending on how busy they are in the evenings and at weekends with leisure activities, clubs, sport, etc. In Italy, family meals are still very important for many people. There is a slow food movement in Italy that encourages people to eat foods slowly and concentrate on the flavours and the pleasures of eating. This means that many Italian families take their time when eating their meals, whereas in England, many families eat fast food and take-away foods and don't spend long eating a meal. In Italy, meals are divided into different sections: antipasto, where foods such as cold meats, olives and bruschetta are eaten; secondo, where a pasta dish such as lasagne or Bolognese is eaten; then primo where something like a risotto or soup is eaten and then dolce where a dessert such as tiramisu or panna cotta is eaten. Italians, like those in many Mediterranean countries, have a siesta in the middle of the day when it is very hot, so the main meal might not be eaten until the evening when it has cooled down a bit. (4 marks)

Mark scheme

For 9–12 marks: The response shows **thorough** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives plenty of relevant and detailed examples and reasons that relate to the different issues in the question.

For 5–8 marks: The response shows **good** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives some relevant examples and reasons that relate to the different issues in the question.

For 0–4 marks: The response shows **limited** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives a few relevant examples and reasons that relate to the different issues in the question.

Points to include in the answer

- **Knowledge of traditional foods:** a range of foods should be provided in the answer
- **Knowledge of cooking methods and equipment:** traditional and modern and how these are used for different foods
- **Knowledge of eating habits and patterns:** and how these are influenced by changes in lifestyle, culture, tradition, importation of foods from other countries, developments in technology

Chapter 8: Practice question 2



Compare and contrast the traditional cuisine of a British country with that of a cuisine of your choice in terms of:

- foods that are commonly eaten (4 marks)
- cooking equipment and methods (4 marks)
- eating and meal patterns. (4 marks)

Chapter 8: Mark scheme for practice question 2



Compare and contrast the traditional cuisine of a British country with that of a cuisine of your choice in terms of:

- foods that are commonly eaten (4 marks)
- cooking equipment and methods (4 marks)
- eating and meal patterns. (4 marks)

Mark scheme

For 9–12 marks: The response shows **thorough** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives plenty of relevant and detailed examples and reasons that relate to the different issues in the question.

For 5–8 marks: The response shows **good** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives some relevant examples and reasons that relate to the different issues in the question.

For 0–4 marks: The response shows **limited** knowledge and understanding of the differences and similarities between the two countries in terms of eating habits and cooking methods. The answer gives a few relevant examples and reasons that relate to the different issues in the question.

Points to include in the answer

- Knowledge of traditional foods:** a range of foods should be provided in the answer
- Knowledge of cooking methods and equipment:** traditional and modern and how these are used for different foods
- Knowledge of eating habits and patterns:** and how these are influenced by changes in lifestyle, culture, tradition, importation of foods from other countries, developments in technology